

What is claimed is:

1. A chin up bar assembly, comprising:
a cross bar,
a pair of handles slidably mounted on the cross bar,
5 the handles being held in a selected position along the cross bar by a user's weight.
2. The assembly of claim 1 wherein the handles are pivotally mounted to the cross bar.
3. The assembly of claim 1 wherein the handles are pivotal between locked and
10 unlocked positions.
4. The assembly of claim 1 wherein the handles are movable between an unlocked
position for sliding along the cross bar, and a locked position for preventing sliding along
the cross bar.
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5. The assembly of claim 1 wherein the handles swivel about an axis perpendicular to
a longitudinal axis of the cross bar.
6. The assembly of claim 1 wherein the handles are independently slidable along the
20 cross bar.
7. The assembly of claim 1 further comprising a pair of collars slidably mounted on
the cross bar, with each handle being mounted on one of the collars.
- 25 8. The assembly of claim 7 wherein each handle includes an arm having opposite first
and second ends and the arm being pivotally mounted to one of the collars at a point
between the opposite ends.
9. The assembly of claim 8 wherein each handle includes a handgrip mounted to the
30 first end of the arm whereby the user's weight will pivot the second end of the arm into
frictional engagement with the cross bar so as to lock the handle against sliding movement.

10. The assembly of claim 8 wherein the first end of each arm includes a tube and each handle includes a handgrip with a shaft pivotally received in the tube, whereby the handgrip is pivotal while the handle is fixed against sliding movement along the bar.

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11. A method of setting a pair of chin up handles at a selected position along a cross bar, comprising:

sliding each handle to a selected position along the bar; and

moving each handle to a locked position with a user's weight to preclude sliding of the

10 handles along the cross bar.

12. The method of claim 11 wherein movement to the locked position is achieved by gripping a handgrip of each handle such that the weight of the user pivots a portion of the handle into frictional engagement with the cross bar.

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13. The method of claim 11 further comprising swiveling the handles about a substantially vertical axis to a desired orientation.

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14. The method of claim 11 further comprising moving each handle to an unlocked position wherein the handle is disengaged from the cross bar to allow sliding movement of the handle along the cross bar.

15. The method of claim 11 wherein each cross bar is independently slidable along the cross bar.

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16. A chin up bar assembly, comprising:

a cross bar;

a pair of handles mounted on the cross bar; and

each handle including a handgrip pivotal about a substantially vertical axis.

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17. The assembly of claim 16 wherein the handles are slidably mounted on the cross bar.

18. The assembly of claim 17 wherein the handles are pivotally mounted relative to the cross bar for movement between locked and unlocked positions.

19. The assembly of claim 18 wherein the handles are moved to the locked position by the user's weight.

20. The assembly of claim 18 wherein the handles each include a collar slidably mounted on the cross bar, and an arm pivotally mounted to the collar, the arm having a first end supporting the handgrip and a second end engageable with the cross bar when the handle is in the locked position.